

PRAYER ON LEAVING THE CHURCH

Lord, now lettest thou thy servant depart in peace, according to thy word: for mine eyes have seen thy salvation, which thou hast prepared before the face of all people: a light to lighten the Gentiles, and the glory of thy people Israel.

ANNOUNCEMENTS

- **The Holy Bread of Oblations today is being offered by the Sameer and Nadima Alamir.** Please pray for the spiritual and physical well-being of Sameer, Nadeema, and Ibrahim Alamir, Habeeb, Yara, and family, Waleed, Mary, and family, Nabeel, Shafak, and family, Adeeb, Danyala, and Baseel. **Also being offered in loving memory of** Lana, Habib, Shafeeka, and Mary Alamir, Mousa and Nadwa Hazeem, Samer Jalil. **May their memory be eternal.**
- **Please pray for all the sick** and suffering, hospitalized and shut-ins of our community, especially Gary (Chip) George, Janet Saba, Salwa Makhlof, Elias Shamieh, Nada and Rima Tadros, Evelyn Gabriel.
- **Please pray for all those** who have suffered and lost loved ones in Palestine and the Middle East.

	Sermonette	Epistle Arabic	Epistle English	Ushers
March 22	Mai Makhlof <i>(English)</i>	Rima Nasr	Anna Jabaji	Mary Alamir Georgina Khoury
March 29	Gloria Dayeh <i>(Arabic)</i>	Rania Habib	Lisa Gabriel	Dalal Al Jeries Ghada Al Jeries

St. Elias Antiochian Orthodox Christian Church

Rev. Fr. Michael Ibrahim

4988 Onondaga Road, Syracuse, NY 13215

Church: 488-0388 Cell: 973-641-8463

Church Office e-mail: office@sainteliasny.com

For Bulletin Announcements email at office@sainteliasny.com

For Liturgy Names & Coffee Hour email the above

Saturday: Vespers at 5:00 PM followed by confession

Sunday: Orthros at 9:30 AM & Divine Liturgy at 10:30 AM

Check out our website @ www.sainteliasny.com



**ST. ELIAS
ANTIOCHIAN CHRISTIAN ORTHODOX CHURCH**

MARCH 22, 2026

**HIS EMINENCE METROPOLITAN SABA, ARCHBISHOP OF NEW YORK AND
METROPOLITAN OF ALL NORTH AMERICA**

**HIS GRACE BISHOP ALEXANDER, AUXILIARY BISHOP OF THE DIOCESE OF
OTTAWA , UPSTATE NEY YORK AND EASTERN CANADA**

REV, FR. MICHAEL IBRAHIM

CHURCH: (315) 488-0388

FR. MICHAEL-973-641-8463

'DISCIPLES FIRST CALLED THEMSELVES CHRISTIANS IN ANTIOCH.' ACTS 11:26

FOURTH SUNDAY OF GREAT LENT

COMMEMORATION OF JOHN CLIMACUS, AUTHOR OF "THE LADDER"

*NEW HIEROMARTYR ZACHARIAH, METROPOLITAN OF CORINTH;
SOPHRONIOS, BISHOP OF IRKUTSK*
TONE 8/ EOTHINON 8

PRAYER ON ENTERING THE CHURCH

I WILL COME INTO THY HOUSE IN THE MULTITUDE OF THY MERCY: AND IN THY FEAR I WILL WORSHIP TOWARD THY HOLY TEMPLE. Lead me, O Lord, in thy righteousness because of mine enemies; make thy way straight before me, that with a clear mind I may glorify thee forever, One Divine Power worshipped in three Persons: Father, Son and Holy Spirit. Amen.

CHURCH ETIQUETTE

O Lord, sanctify those who love the beauty of your house.

When you enter the church, please remember that the church is a place of worship. Please do not disturb others as they worship God.

PLEASE TURN OFF ALL CELL PHONES.

TROPARION OF THE PATRON SAINT OF THE CHURCH TONE 4:

O Angelic of body the founder and corner stone of the prophets, the second forerunner of the advent of Christ, O Elias, venerable and glorious, thou didst send grace from heaven to thy disciple Elisha to dispel diseases and to purify lepers wherefore he abounds with healing to all those who honor him.

أيها الملاك بالجسم قاعدة الأنبياء وركنهم، السابق الثاني لحضور المسيح، إلياس المجيد الموقر، لقد أرسلت النعمة من العلى لأليشع ليطرد الأسقام ويطهر البرص، لذلك يُغِيص الأشفية بمكرميته دائماً"

THE SYNAXARION (Plain Reading)

On March 22 in the Holy Orthodox Church, we commemorate Hieromartyr Basil of Ancyra; and Martyr Kallinika of Rome.

On this same day, the Fourth Sunday of Great Lent, we make remembrance of our godly father, John, the author of *The Ladder of Divine Ascent* (or Climacus).

The celebration of his feast on this day arose from the custom prevalent in the honorable monasteries of starting Great Lent with the reading of his lessons. John describes the method of elevating the soul to God as ascending a ladder. He teaches those who seek salvation how to lay a firm foundation for struggles, how to detect and fight every passion, how to avoid demonic snares, and how to rise from the rudimental virtues to the heights of Godlike love and humility. John of the Ladder came to Mount Sinai at age 16 and remained there, first as a novice under obedience, then as a recluse, and finally as abbot until his eightieth year. One time, his disciple, Moses, fell asleep under the shade of a large stone. John, in prayer in his cell, saw that his disciple was in danger and prayed to God for him. Later, when Moses returned, he fell on his knees and gave thanks to his spiritual father for saving him from certain death. He related how, in a dream, he heard John calling him and he jumped up and, at that moment, the stone tumbled. Had he not jumped, the stone would have crushed him. John Climacus died on March 30, 606.

months he would not consent to accept this service, considering himself unworthy. He finally accepted consecration only after the persistent entreaties of the clergy and flock.

Wisely leading the Church, Saint Gregory worked tirelessly in propagating the Word of God. Saint Gregory compiled the Liturgy of the Presanctified Gifts in the Latin language, which before him was known only in the verbal tradition. Affirmed by the Sixth Ecumenical Council, this liturgical service was accepted by all the Orthodox Church.

He zealously struggled against the Donatist heresy; he also converted the inhabitants of Brittany, pagans and Goths, who had been adhering to the Arian heresy, to the True Faith.

Saint Gregory has left behind numerous written works. After the appearance of his book, DIALOGUES CONCERNING THE LIFE AND MIRACLES OF THE ITALIAN FATHERS (DIALOGI DE VITA ET MIRACULIS PATRUM ITALIORUM), the saint was called "Dialogus." His PASTORAL RULE (or LIBER REGULAE PASTORALIS) was well-known. In this work, Saint Gregory describes the model of the true pastor. His letters (848), dealing with moral guidance, have also survived.

Saint Gregory headed the Church for thirteen years, ministering to all the needs of his flock. He was characterized by an extraordinary love of poverty, for which he was granted a vision of the Lord Himself.

Pope Saint Gregory the Great, as he is known, died in the year 604, and his relics rest in the cathedral of the holy Apostle Peter in the Vatican.

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### WELCOME!

We welcome all of our visitors who are praying with us today. We are eager to share with you our spiritual treasures, and invite you to join us for coffee-hour in the Fellowship Hall following the Divine Liturgy. If you are a first-time visitor, please take a few minutes to sign our Guest Registry book and complete the white VISITORS INFORMATION CARD which may be found in the Narthex, and return it to an usher. As a friendly reminder, **only Orthodox Christians who have properly prepared themselves through fasting, prayer and recent Confession may approach the Holy Chalice to receive Holy Communion. However all may come forward at end of Liturgy and receive blessed Holy Bread.** We look forward to meeting you and welcoming you personally to St. Elias. If you have any questions, please see Fr. Michael.

أهلاً بكم!

نرحب بجميع زوارنا الذين يصلون معنا اليوم ونحرص على مشاركتكم في كنوزنا الروحية، وندعوكم للانضمام إلينا لتناول القهوة معنا في قاعة الكنيسة بعد القداس الإلهي. إذا كانت هذه أول زيارة لكم، يرجى أخذ القليل من الوقت لتوقيع سجل الزوار واستكمال بطاقة معلومات الزوار البيضاء والتي توجد في صحن الكنيسة، وإعادتها إلى أحد مرشدي الكنيسة. وكتذكير ودي، يُسمح فقط للمسيحيين الأرثوذكس الذين أعدوا أنفسهم بشكل صحيح من خلال الصوم والصلاة واعتراف من زمن قريب بالاقتراب من الكأس المقدسة لتناول القربان المقدس. ولكن يُسمح للجميع الاقتراب في نهاية القداس لاستلام الخبز المقدس المبارك. ونحن نتطلع للقائكم والترحيب بكم شخصياً في كنيسة مار إلياس. يرجى توجيه الأسئلة إلى الأب مايكل مباشرةً.

Alexis was opposite his wife's windows, and the ascetic suffered grievously when he heard her weeping. Only his immeasurable love for God helped the saint endure this torment. Saint Alexis dwelt at the house of his parents for seventeen years and the Lord revealed to him the day of his death. Then the saint, taking paper and ink, wrote certain things that only his wife and parents would know. He also asked them to forgive him for the pain he had caused them.

On the day of Saint Alexis' death in 411, Archbishop Innocent (402-417) was serving Liturgy in the presence of the emperor Honorius (395-423). During the services a Voice was heard from the altar: "Come unto Me, all ye who labor and are heavy laden, and I will give you rest" (Mt.11:28). All those present fell to the ground in terror.

The Voice continued: "On Friday morning the Man of God comes forth from the body; have him pray for the city, that you may remain untroubled." They began to search throughout Rome, but they did not find the saint. Thursday evening the Pope was serving Vigil in the Church of Saint Peter. He asked the Lord to show them where to find the Man of God.

After Liturgy the Voice was heard again in the temple: "Seek the Man of God in the house of Euphemianus." All hastened there, but the saint was already dead. His face shone like the face of an angel, and his hand clasped the paper, and they were unable to take it. They placed the saint's body on a cot, covered with costly coverings. The Pope and the Emperor bent their knees and turned to the saint, as to one yet alive, asking him to open his hand. And the saint heard their prayer. When the letter was read, the righteous one's wife and parents tearfully venerated his holy relics.

The body of the saint was placed in the center of the city. The emperor and the Pope carried the body of the saint into the church, where it remained for a whole week, and then was placed in a marble crypt. A fragrant myrrh began to flow from the holy relics, bestowing healing upon the sick.

The venerable relics of Saint Alexis, the Man of God, were buried in the church of Saint Boniface. The relics were uncovered in the year 1216.

The Life of Saint Alexis, the Man of God, was always very popular in Russia.

## Saint Gregory Dialogus, Pope of Rome

Commemorated on March 12

Saint Gregory Dialogus, Pope of Rome, was born in Rome around the year 540. His grandfather was Pope Felix, and his mother Sylvia (November 4) and aunts Tarsilla and Emiliana were also numbered among the saints by the Roman Church. Having received a most excellent secular education, he attained high government positions.

Leading a God-pleasing life, he yearned for monasticism with all his soul. After the death of his father, Saint Gregory used his inheritance to establish six monasteries. At Rome he founded a monastery dedicated to the holy Apostle Andrew the First-Called, where he received monastic tonsure. Later, on a commission of Pope Pelagius II, Saint Gregory lived for a while in Constantinople. There he wrote his Commentary on the Book of Job.

After the death of Pope Pelagius, Saint Gregory was chosen to the Roman See. For seven



Through his intercessions, O Christ God, have mercy upon us. Amen.

### THE EPISTLE

**Priest: Let us attend.**

**Reader: Make your vows unto the Lord and perform them. God is known in Judah; His name is great in Israel.**

**Reader: The Reading from the Epistle of St. Paul to the Hebrews. (6:13-20)**

Brethren, when God made a promise to Abraham, since He could swear by no one greater, He swore by Himself, saying, "Surely blessing I will bless thee, and multiplying I will multiply thee." And thus, having patiently endured, he obtained the promise. For people indeed swear by what is greater, and in every dispute of theirs the oath is final for confirmation. So when God, being minded to show more abundantly to the heirs of the promise the immutability of His counsel, He interposed it with an oath, that by two immutable things—in which it is impossible for God to lie—we might have a strong consolation, we, who have fled for refuge to lay hold of the hope that is set before us; a hope, which we have as an anchor of the soul, both sure and steadfast, and entering in to "that which is within the veil," where Jesus entered as a Forerunner on our behalf, having become a High Priest "forever according to the order of Melchizedek."

صَلُّوا وَأَوْفُوا الرَّبَّ إِلَهَنَا.

اللَّهُ مَعْرُوفٌ فِي أَرْضِ يَهُودَا.

إِسْمُهُ عَظِيمٌ فِي إِسْرَائِيلَ.

فَصَلِّ مِنْ رِسَالَةِ الْقَدِيسِ بُولْسِ الرَّسُولِ إِلَى الْعِبْرَانِيِّينَ. (20-13:6)

يَا إِخْوَتِي، إِنَّ اللَّهَ لَمَّا وَعَدَ إِبْرَاهِيمَ، إِذْ لَمْ يُمَكِّنْ أَنْ يُقَسِّمَ بِمَا هُوَ أَعْظَمُ مِنْهُ، أَقْسَمَ بِنَفْسِهِ. قَائِلًا:

لَأُبَارِكَنَّكَ بَرَكَةً وَأَكْثِرَنَّكَ تَكْثِيرًا. وَذَلِكَ إِذْ تَأْتَى، نَالَ الْمَوْعِدَ. وَإِنَّمَا النَّاسُ يُقَسِّمُونَ بِمَا هُوَ أَعْظَمُ مِنْهُمْ،

وَيَتَّقِضِي كُلَّ مُشَاجَرَةٍ بَيْنَهُمْ بِالْقَسَمِ لِلتَّثْبِيتِ. فَلِذَلِكَ، لَمَّا شَاءَ اللَّهُ أَنْ يَزِيدَ وَرَثَةَ الْمَوْعِدِ بَيَانًا لِعَدَمِ تَحْوِيلِ

عَزْمِهِ، تَوَسَّطَ بِالْقَسَمِ. حَتَّى نَحْصَلَ بِأَمْرَيْنِ لَا يَتَّحَوَّلَانِ وَلَا يُمَكِّنُ أَنْ يُخْلِفَ اللَّهُ فِيهِمَا عَلَى تَعَزُّبَةٍ قَوِيَّةٍ،

نَحْنُ الَّذِينَ التَّجَأْنَا إِلَى التَّمَسُّكِ بِالرَّجَاءِ الْمَوْضُوعِ أَمَانًا. الَّذِي هُوَ لَنَا كَمُرْسَاةٍ لِلنَّفْسِ أَمِينَةٍ رَاسِحَةٍ تَدْخُلُ

إِلَى دَاخِلِ الْحِجَابِ، حَيْثُ دَخَلَ يَسُوعُ كَسَابِقِ لَنَا وَقَدْ صَارَ عَلَى رُتْبَةِ مَلِكِيصَادَقَ، رَئِيسِ كَهَنَةٍ إِلَى الْأَبَدِ.

### GOSPEL

**Priest: The Reading from the Holy Gospel according to St. Mark. (9:17-31)**

At that time, a man came to Jesus, kneeling down and saying unto him, "Teacher, I brought my son to you, for he has a dumb spirit. And wherever it seizes him, it dashes him down; and he foams and grinds his teeth and becomes rigid; and I asked Thy Disciples to cast it out, and they were not able." And Jesus answered them, "O faithless generation, how long am I to be with you? How long am I to bear with you? Bring him to Me." And they brought the boy to Him; and when the spirit saw Jesus, immediately it convulsed the boy, and he fell on the ground and rolled about, foaming at the mouth. And Jesus asked his father, "How long has he had this?" And he said, "From childhood. And it has often cast him into the fire and into the water, to destroy him; but if Thou canst do anything, have pity on us and help us." And Jesus said to him, "If you can believe, all things are possible to him who believes." Immediately the father of the child cried out and said with tears, "Lord, I believe; help my unbelief!" And when Jesus saw that a crowd came running together, he rebuked the unclean spirit, saying to it, "You dumb and deaf spirit, I command you, come out of him, and never enter him again." And after crying out and convulsing him terribly, it came out, and the boy was

like a corpse; so that most of them said, "He is dead." But Jesus took him by the hand and lifted him up, and he arose. And when Jesus had entered the house, His Disciples asked Him privately, "Why could we not cast it out?" And Jesus said to them, "This kind cannot be driven out by anything but prayer and fasting." They went on from there and passed through Galilee. And Jesus would not have anyone know it; for He was teaching His Disciples, saying to them, "The Son of man will be delivered into the hands of men, and they will kill Him; and after He is killed, He will rise on the third day."

فَصَلِّ شَرِيفٌ مِنْ بَشَارَةِ الْقَدَّيسِ مَرْقُسِ الْإِنْجِيلِيِّ الْبَشِيرِ. (31-17:9).

في ذلك الزمان، دنا إلى يسوع إنساناً وسجد له قائلاً: "يا معلّم، قد أتيتك بابني، به روح أبكم. وحيثما أخذته يصرعه، فيزيد ويصرف بأسنانه ويبيس، وقد سألت تلاميذك أن يخرجوه فلم يقدروا." فأجابته قائلاً: "أيها الجيل غير المؤمن، إلى متى أكون عندكم؟ حتى متى أحتلمكم؟ هلّم به إليّ." فأتوه به. فلما رآه للوقت صرعه الروح، فسقط على الأرض يتمرغ ويزيد. فسأل أباه: "منذ كم من الزمان أصابه هذا؟" فقال: "منذ صباه. وكثيراً ما ألقاه في النار وفي المياه ليهلكه. لكن إن استطعت شيئاً، فتحنن علينا وأغننا." فقال له يسوع: "إن استطعت أن تؤمن، فكل شيء مستطاع للمؤمن." فصاح أبو الصبي من ساعته بدموع وقال: "إني أومن يا سيّد، فأغث عدم إيماني." فلما رأى يسوع أن الجمع يتبادرون إليه، انتهر الروح النجس قائلاً له: "أيها الروح الأبكم الأصبم، أنا أمرك أن اخرج منه ولا تعدّ تدخل فيه." فصرخ وخبطه كثيراً وخرج منه، فصار كالصبي، حتى قال كثيرون إنه قد مات. فأخذ يسوع بيده وأنهضه، فقام. ولما دخل بيتاً، سأله تلاميذه على انفراد: "لماذا لم نستطع نحن أن نخرجه؟" فقال لهم: "إن هذا الجنس لا يمكن أن يخرج بشيء إلا بالصلاة والصوم." ولما خرجوا من هناك، اجتازوا في الجليل، ولم يرد أن يدري أحد. فإنه كان يعلم تلاميذه ويقول لهم: "إن ابن البشر يسلم إلى أيدي الناس، فيقتلونه، وبعد أن يقتل، يقوم في اليوم الثالث."

#### **KONTAKION FOR SUNDAYS IN GREAT LENT (AND AKATHIST SATURDAY)** **IN TONE EIGHT**

To thee, the Champion Leader, do I offer thanks of victory, O Theotokos, thou who hast delivered me from terror; but as thou that hast that power invincible, O Theotokos, thou alone can set me free: from all forms of danger free me and deliver me, that I may cry unto thee: Hail, O Bride without Bridegroom.

القنطاق لأحاد الصوم الكبير (وسبت المديح) باللحن الثامن

إني أنا عبدك يا والدة الإله أكتب لك رايات الغلبة يا جندية محامية وأقدم لك الشكر كمُنقِدة من الشدائد لكن بما أن لك العزة التي لا تحارب أعينني من صنوف الشدائد حتى أصرخ إليك: إفرحي يا عروساً لا عروس لها.

## **Venerable Alexis the Man of God**

Commemorated on March 17

Saint Alexis was born at Rome into the family of the pious and poverty-loving Euphemitus and Aglaidis. The couple was childless for a long time and constantly prayed the Lord to grant them a child. And the Lord consoled the couple with the birth of their son Alexis.



At six years of age the child began to read and successfully studied the mundane sciences, but it was with particular diligence that he read Holy Scripture. When he was a young man, he began to imitate his parents: he fasted strictly, distributed alms and beneath his fine clothing he secretly wore a hair shirt. Early on there burned within him the desire to leave the world and serve God. His parents, however, had arranged for Alexis to marry a beautiful and virtuous bride.

On his wedding night, Alexis gave her his ring and his belt (which were very valuable) and said, "Keep these things, Beloved, and may the Lord be with us until His grace provides us with something better." Secretly leaving his home, he boarded a ship sailing for Mesopotamia.

Arriving in the city of Edessa, where the Icon of the Lord "Not-made-by-Hands" (August 16) was preserved, Alexis sold everything that he had, distributed the money to the poor and began to live near the church of the Most Holy Theotokos under a portico. The saint used a portion of the alms he received to buy bread and water, and he distributed the rest to the aged and infirm. Each Sunday he received the Holy Mysteries.

The parents sought the missing Alexis everywhere, but without success. The servants sent by Euphemitus also arrived in Edessa, but they did not recognize the beggar sitting at the portico as their master. His body was withered by fasting, his comeliness vanished, his stature diminished. The saint recognized them and gave thanks to the Lord that he received alms from his own servants.

The inconsolable mother of Saint Alexis confined herself in her room, incessantly praying for her son. His wife also grieved with her in-laws.

Saint Alexis dwelt in Edessa for seventeen years. Once, the Mother of God spoke to the sacristan of the church where the saint lived: "Lead into My church that Man of God, worthy of the Kingdom of Heaven. His prayer rises up to God like fragrant incense, and the Holy Spirit rests upon him." The sacristan began to search for such a man, but was not able to find him for a long time. Then he prayed to the Most Holy Theotokos, beseeching Her to clear up his confusion. Again a voice from the icon proclaimed that the Man of God was the beggar who sat in the church portico.

The sacristan found Saint Alexis and brought him into the church. Many recognized him and began to praise him. The saint secretly boarded a ship bound for Cilicia, intending to visit the church of Saint Paul in Tarsus. But God ordained otherwise. A storm took the ship far to the West and it reached the coast of Italy. The saint journeyed to Rome and decided to live in his own house. Unrecognized, he humbly asked his father's permission to settle in some corner of his courtyard. Euphemitus settled Alexis in a specially constructed cell and gave orders to feed him from his table.

Living at his parental home, the saint continued to fast and he spent day and night at prayer. He humbly endured insults and jeering from the servants of his father. The cell of